

**Aerobic Kickboxing \$29**

Want a high energy, fun way to exercise? Then this class is for you! Aerobic kickboxing is great for toning muscles, strengthening your cardiovascular system and losing weight. Wear loose fitting clothing.

No Class 10/31

Instructor: Camp Carter

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.521	F	10/10-11/7	6:00-6:55pm	16+	4	GR
232.2.522	F	10/10-11/7	6:00-6:55pm	16+	4	GR

Mommy/Daddy & Me Soccer \$42

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, so in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. **Rainout Hotline:** 1-800-871-2275.

Instructor: Kidz Love Soccer

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.523	Sa	9/20-10/11	9:30-10:00am	2-4	4	BB

Hip Hop Class \$60

Learn the basics of Hip Hop dance and then learn to turn it up a notch. Professional dancer, choreographer, fitness trainer and rapper Grady Turner will instruct the basic moves and get you ready for the dance floor. The class will also be as much fun as you can have and get great exercise at the same time. Dress comfortable with loose clothing. Guys and gals all ages welcome. Come on let's dance!

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
236.2.525	T	9/16-11/4	5:30-6:30pm	10-18	8	GR

SPORTS LEAGUE**Intramural Flag Football League \$10**

Gardner Center is looking for any middle or high school youth who are interested in joining our flag football teams, and competing against other community centers in an 8-week season. There will be two teams/leagues, one for middle school (11-14 yrs old) and one for high school (15-18 yrs old. 18-year olds must be enrolled in high school). Practices will be held after school twice a week, and games will be played on Saturdays, from 9/27-11/15. This is an ideal activity for those looking for something to do after school. Teamwork, responsibility, and community involvement are heavily stressed as part of the program. Please Contact Avan Duong at 408-277-4761 for further information.

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.527	Sa	9/27-11/15	9:00am-1:00pm	11-14	8	GR
232.2.528	Sa	9/27-11/15	9:00am-1:00pm	15-18	8	GR

Elementary Co-ed Flag Football League \$30

Join us for a 6-week season of non-competitive flag football for K-5 children. The league will cover the fundamentals, good sportsmanship, teamwork, while having fun. Games and practices will be held on Saturdays, from 9/27-11/1 The first meeting will be a clinic on football fundamentals. League fee covers use of equipment, and a t-shirt and certificate for each participant.

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.529	Sa	9/27-11/1	9:00am-1:00pm	5-10	6	GR

Grace Community Center

484 E. San Fernando St., San José 95112

Phone: 408-293-0422

FAX: 408-277-2474

Director: Lisa Blevins, Ph. D

Email: lisa.blevins@sanjoseca.gov

Bus Lines: 22, 64, 72, 73, 300

Types of Programs: Grace Community Center is a therapeutic recreation center. All classes are designed specifically for adults with mental disabilities. To participate, individuals must be eligible for and enroll in the GCC Program. All classes are ongoing and free to GCC members. Please contact center to confirm times/days of classes prior to attending, as they are subject to change.

To view the listing of programs offered at the Grace Community Center, please see pages 38-41 under the heading *Mental Health* or go to our website at www.sanjoseca.gov/prns. Click on centers, then click on Grace.

The City of San José provides a wide range of programs and services for persons with disabilities.

Grace Community Center is a therapeutic recreation center. All classes are designed specifically for adults with mental disabilities. To participate, individuals must be eligible for and enroll in the GCC Program. All classes are on-going and free to GCC members.

Volunteer San José

Interested in volunteering? There are dozens of opportunities for families, community groups, neighborhoods, business and employee associations and residents of all ages to volunteer as a group, or individually. You can prune roses, read to children, pick up litter, paint over graffiti, work with animals, help at Christmas in the Park or run a giant Monopoly game... to just name a few! Your time commitment can be as much or as little as you can spare. Call "Volunteer San Jose" at 408-535-3500 and join thousands of others who are connected to the community. Get involved, become a Volunteer! YOU CAN MAKE A DIFFERENCE!